



L.E.A.N. Letter

Psalm 37:4

"Take delight in the LORD, and he will give you the desires of your heart."

† The "heart" that the Lord is speaking of is the heart of your spirit. It is not to be confused with your (human) emotional heart, which has a tendency to deceive you based on your wants. These "desires of your heart" are the desires that only the Lord knows what will truly manifest joy, peace, and all of the fruits of His Holy Spirit in your life.

Proverbs 20:24

"A person's steps are directed by the LORD. How then can anyone understand their own way?"

† So, if you understand your own way, then your steps are not directed by the Lord. Therefore, seek to not "understand" your life, let go, have faith, and put all of your trust in Jesus Christ.

Mathew 5:13

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot."

† Seek every opportunity to challenge yourself in your relationship with Jesus. Seize every opportunity to be bold (and loving) in Jesus' name with every person who crosses your path by shining the light of His Holy Spirit.

Matthew 5:27-30

²⁷ "You have heard that it was said, 'You shall not commit adultery.' ²⁸ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. ²⁹ If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰ And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell."

† Though Jesus is speaking metaphorically about dismembering parts of the body because of sin, it is a strong reminder as to what He considers sin (over man's belief about sin). Man often times believes that sin comes from actions. However, to the Lord, sin originates in the very beginning creation of one's thoughts before sin manifests in the physical through action.

- In the moment of having an impure thought, IMMEDIATELY rebuke this OUT LOUD in Jesus' name. Do not fertilize these thoughts! Otherwise, there is a great likelihood that (physical) sin will manifest. Then, confess this sin to the Lord, and move on. Don't beat yourself up over it, but avoid the same sinful thoughts/behaviors.
- If these same impure thoughts continue, then this is an area of examining your relationship with Jesus. Ask yourself, "Because I am "married" to Jesus, are these thoughts causing me to cheat on Him?", "Have I truly given this area of weakness to Jesus?", "Am I putting myself in situations or allowing myself to be in an environment that is triggering these continued thoughts?" "Have I completely renewed my mind that since the Holy Spirit dwells in me, that the only reason that I'm experiencing these continued thoughts is because I'm either allowing myself to be attacked by Satan or because I am stubbornly refusing to turn away from this sin?" (Note: Every time you give into the temptation that you are fighting, Satan will continue to attack you in this area as he recognizes that this is an area of weakness that you have yet to overcome. "Resist the devil, and he will flee from you" **James 4:7**.)
- To determine if you are being attacked by Satan, remember that anything that is not a fruit of the Holy Spirit (peace, patience, kindness, SELF-CONTROL, etc. - **Galatians 5:22-23**) is not of Jesus. So, if rebuking the enemy is not effective in itself, then perhaps this is an area that you are needing full deliverance possibly because of generational sin. This is also a time of ensuring that you truly are saved, and that the Holy Spirit is in you (**Romans 10:9**).

~ The inspired messages below each Scripture verse are intended to strengthen the body of Christ so that we can eliminate "obesity" of our spirit (unnecessary confusion and distraction). In doing so, this will set us apart from the world so that we can stand out as the mighty warriors we are called to be in Jesus' name! ~

May you be blessed, and may you "Live L.E.A.N. (Loving Everyone As Neighbors)...Live Long!"

~Scripture passages are cited using the NIV Holy Bible.~